

# How to use Eye Drops

滴眼藥水的使用方法



On your side 護您同行



Gleneagles  
HONG KONG  
港怡醫院

# How to use Eye Drops

## 滴眼藥水的使用方法

### Step 1 步驟1

Always wash your hands thoroughly with soap and water before administering eye drops.

使用眼藥水前，請先用肥皂 / 洗手液清潔雙手。



### Step 2 步驟2

Remove contact lens before applying the eye drop.

如有配戴隱形眼鏡，使用眼藥水前要先除下。

### Step 3 步驟3

Clean your eyelid from inside to outside with a cottonbud and warm water to remove any eye dirt.

以溫水沾濕棉花棒由內至外清潔眼瞼。

### Step 4 步驟4

Tilt your head backwards, gently pull down the lower eyelid with a finger to form a pocket between the eye and the lower eyelid, and then look upward.

先將頭向後微仰，用食指輕輕將下眼皮拉開，露出眼瞼內則，然後眼睛向上看。



### Step 5 步驟5

Hold the bottle (tip down) by another hand, squeeze gently and allow the drop to fall in the pocket without touching it by the dropper.

輕按眼藥水瓶，將眼藥水滴入下眼瞼內側。避免滴管接觸眼睛。



### Step 6 步驟6

Close your eyes for 1 to 2 minutes. Gently press the inner corner of your eyes over the tear duct to prevent the drops from draining away.

滴藥水後，放鬆下眼瞼，輕閉眼睛一至兩分鐘。輕按眼內角，防止眼藥水從淚管流出。



### Step 7 步驟7

Wipe any excess liquid around your eye with a clean tissue.

用紙巾拭去多餘藥水。



### Step 8 步驟8

Recap the bottle immediately after use. Do not clean the tip of the bottle.

用藥後立刻把眼藥水瓶蓋上。切勿以清水沖洗眼藥水瓶滴管。



## Additional information

### 注意事項

- | Discard the eye drops four weeks after opening. (or as directed by doctor or pharmacist)
- | If applying same eye drop more than once, wait at least 5 minutes before second application.
- | If you need to use more than one type of eye drops/ointments, use eye drops first and wait at least 5 to 10 minutes for ointment application.
- | For eye drops that are stored in the refrigerator, warm it before use by rolling it gently between the palms of your hands several times.
- | 開瓶後的眼藥水需要在四星期內棄置。(或按醫生及藥劑師指示使用)
- | 如需使用相同的眼藥水兩次或以上，使用期間需相隔五分鐘或以上。
- | 如同時使用眼藥水及眼藥膏，請先使用眼藥水，待五至十分鐘後再使用眼藥膏。
- | 冷藏的眼藥水使用前需要將藥水瓶平放於雙手手掌心微微搓熱。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。



### Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park Station (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

### MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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